SULLIVAN'S SALON
EX-MAYOR BRINGING SPEAKERS TOGETHER TO INSPIRE {page 4}

FORMER BODYGUARD DEFENDS SPEARS
SAYS HE NEVER SAW CHILD ABUSE {page 22}

SOCIAL HOUSING
NEW UNITS SLOW TO COME: STUDY {page 3}

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▶ Justin Bieber with the award for best new artist at the MTV Video Music Awards last night.

CHRIS PIZZELLO/THE ASSOCIATED PRESS

Mayhem rules at MTV VMAs

Music's wildest party — on television at least — convened in Los Angeles for the MTV Video Music Awards. Lindsay Lohan made her first post-jail and rehab TV appearance, host Chelsea Handler got spanked, Eminem and Rihanna got dark with their Love the Way You Lie, and Lady Gaga thanked "the gays." Oh, and Canada's own Justin Bieber picked up some hardware. Coverage, page 15.

Lululemon's stock spikes

Solid Q2 profit spurs an increase on the TSX {page 12}

A salad to win over carnivores

Flavourful steak means you can hold the dressing {page 25}

Too many suits at Canucks games?

▶ Canucks tickets went on sale on weekend ▶ Prices went up from last season ▶ Some fans worried costs will keep 'true' fans away

Everything has become a bit more expensive since the HST came into effect and Canucks games are no exception.

But with pricier concession items and tickets — including the most expensive cheap seats in the league — some fans are worried the reputably tame, business-class crowd will become tamer as average fans opt to stay home.

Dylan Tomlin, from New Westminster, said the crowd at the Rogers Arena — formerly GM Place — has a more corporate feel than those at other venues.

"You do notice there are fewer jerseys and more people wearing suits," he said. "It's very controlled crowds, not a lot of spontaneity. It's definitely different at Giants games where it's a more engaged crowd."

Darren Mclean, from Vancouver, said the atmosphere at Canucks games is "pretty tame" compared to other cities.

"It's a very white-collar crowd," he said.

Jordan Cosulich, from Vancouver, said he usually goes to Canucks games with corporate seats, but added there should be more availability for "the real fans."

KRISTEN THOMPSON
WITH FILES FROM SARAH N. FITZGERALD

More tix, more coverage

- Fans who weren't able to get tickets this weekend can sign up for the Last Minute Tickets Club at canucks.com to be notified when more are released.
- For more on ticket prices in Vancouver and around the league, see page 7.

Do you think there are too many corporate seats at Canucks games? Tell us at vancouverletters@metronews.ca

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Trick in the treats: Cops find LSD-laced gummies

A bag of gummie bears laced with LSD was discovered during the search of a Cranbrook home by local RCMP.

LSD is a psychedelic drug that affects the brain, and it can be dangerous if consumed by a child.

With Halloween coming next month, RCMP said area parents should not feel scared.

"Most persons who would purchase such an item (would) want it for personal use," said Cpl. Chris Faulkner.

SARAH N. FITZGERALD

▶ Mounties seized LSD-laced gummie bears.

Mounties hurt at UBC kegger

Mounties were swarmed at a UBC frat party after finding 15 men brawling in a courtyard. Backup had to be called and two officers sustained minor injuries.

RCMP said in addition to those fighting, "approximately 500 revellers" were standing around watching and a significant amount of alcohol was found. Two people are facing liquor-related charges.

SARAH N. FITZGERALD

Stanley Park. Pooch power

▶ Jessica Walleling and her pompoo Bailey won the Paws For a Cause doggie-owner lookalike contest.

STEPHANIE ORFORD/FOR METRO VANCOUVER

It's a dog-help-dog world

More than a thousand dog owners and their pooches in matching raincoats came together in Stanley Park yesterday for the SPCA's annual Paws For a Cause walk. The B.C. SPCA needs $22 million a year to help animals in need. They hoped to raise $1 million across B.C. at this year's walk.

Progress on housing slow

Among positive findings, the number of households assisted by provincial housing program increased by 11,530 since 2006

KRISTEN THOMPSON
@METRONEWS.CA

The B.C. government is building new supportive and social housing units at only a slightly higher pace than it's tearing down older units, a new study shows.

That means that over the past five years the province has seen a net gain of only 280 units, according to a report released today by the Canadian Centre For Policy Alternatives.

Seth Klein, with the CCPA, said 2,820 social housing units have been torn down or converted for other use since 2006.

"It's all very good that we've seen the kind of initiatives we've seen," said Klein. "But if we're not bringing new supply on stream, we're not going to get ahead of this (housing crisis)."

Report findings

B.C. housing initiatives, changes from 2006/07 to 2010/11:

- **Independent social housing** -2,820
- **Transitional/supportive housing** +1,610
- **Rent supplement assistance** +7,270
- **Housing for the homeless** +3,040
- **Emergency shelters** +1,420

"Based on government figures, we calculate that B.C. could build 2,000 units of housing per year for about $500 million. That seems like a pretty affordable housing price for ending the homeless crisis."

1 news

News on the move

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On the web at metronews.ca

Is Ottawa making immigration applicants who admit to past marijuana use get their head checked? Guidy Mamann has more at metronews.ca/immigration

Trial resumes after break

The corruption trial of three former B.C. government employees returns to the B.C. Supreme Court today just as Premier Gordon Campbell's government strains under criticism over the HST.

While the premier hasn't stepped foot inside the courtroom, defence lawyers fired a series of allegations his way before the trial broke for the summer. The $1-billion sale of the Crown corporation in 2003 was controversial because the Liberals had campaigned against doing so in the previous election.

THE CANADIAN PRESS

Sullivan's salon

- Eight speakers from different fields speak on the topic of their choice
- Goal, former mayor says, is to expose people to different ways of thinking

With an idea sparked by dinner parties he's held over the past decade, former Vancouver mayor Sam Sullivan is hosting a public discussion that he hopes will challenge people and leave them inspired.

The public salon, put on by Sullivan's Global Civic Policy Society, features eight speakers from diverse fields, including a top B.C. judge, a brain researcher and an artist.

Each person speaks for seven minutes on the topic of their choice — the link between music and creative thinking, the nature of truth, or how the human organism is unable to deal with the environmental crisis.

"The goal of the society is to challenge, inspire, entertain and inform the general public," Sullivan said. "My life as a city councillor and a mayor led me to believe that democracy is much better off if we share ideas." The seven-minute time limit, Sullivan said, forces the speaker to focus in their presentation on the "essence of their ideas."

Sept. 23

- The Sept. 23 event at the Vancouver Playhouse is the second evening public salon (7:30 to 9 p.m.).
- Tickets are $15 to $30 and are available through ticketstonight.ca.

Speakers include B.C. Court of Appeal chief justice Lance Finch, Vancouver Sun columnist Peter McKnight, UBC dean of music Sal Ferreras and Ken Lum, the artist who created the neon cross, Monument To East Vancouver, at Clark Drive and Great Northern Way.

Joining them are historian Chuck Davis, Bill Rees, creator of the "ecological footprint," brain researcher Dr. Max Cynader and Nicole Aube of Doctors Without Borders.

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JEFF HODSON/METRO VANCOUVER

▶ Former mayor Sam Sullivan at the Opus Hotel yesterday.

News in brief

Emery sentenced

SEATTLE. Vancouver's Prince of Pot has been sentenced in a Seattle court to five years in prison for being one of the largest marijuana seed suppliers in the United States.

U.S. attorney Jenny Durkan told the court Marc Emery made millions of dollars by shipping seeds into the United States and now he's paying the price for being part of the illegal drug trade.

METRO VANCOUVER

Foul play ruled out in death

INVESTIGATION. Investigators say an autopsy into the death of a six-month-old Port Alberni boy found no signs of foul play. The baby was found unresponsive by a caregiver last Wednesday.

METRO VANCOUVER

Stabbed girl not co-operating

CRIME. A teenage girl stabbed in the torso on the weekend is recovering in hospital, Vancouver police said. Officers added she is not co-operating with investigators.

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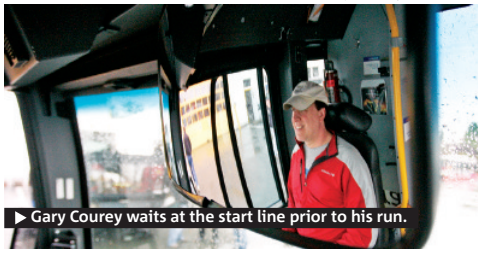
Coast Mountain Bus Roadeo

65 drivers take part in the 34th annual driving skills competition at the Oakridge Transit Centre

JEFF HODSON/METRO VANCOUVER

▶A bus driven by Brian Casey nudges a barrel as he barrels to the finish line.

JEFF HODSON/METRO VANCOUVER



▶ Gary Courey waits at the start line prior to his run.

JEFF HODSON/METRO VANCOUVER

▶ Roadeo winner Lothar Greczmiel prepares for his turn.

Bus driving 101

Things you should know if you ever find yourself behind the wheel of a bus, a la Sandra Bullock in Speed.

- **Just like a Civic** It's just like driving a car, say a Honda Civic, only it's 40 feet long, wide and heavy, said driver Brian Revel, who has received 90 commendations in the past three years.
- **How many?** The bus' handling varies depending the number of people on board; having 80 on a bus makes it a very different experience than having zero.
- **Steering deal** Turning is very different. Revel said he once went two years without driving a car. When he hopped behind the wheel of a Mazda Miata, he turned it wide like a bus — overshooting his lane and almost into oncoming traffic.
- **Turn signals** The turn signals are on the floor. You stomp on them.
- **Muscle strain** Bus drivers, said Roadeo winner Lothar Greczmiel, a 24-year driver, often suffer injuries like muscle strain

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UBC. Twisted

▶ Twister contestants face off in the rain at UBC yesterday afternoon.

STEPHANIE ORFORD/FOR METRO VANCOUVER

Right hand green for cancer

A small but determined crowd gathered from as far as Mission to twist and shout in the rain at Vancouver Improv Everywhere's Twister contest yesterday. The group did not break the Twister Guinness Book world record this year, but they still raised about $500 for B.C. cancer research.

Cheap seats not getting cheaper

Thanks to price hike and HST, Canucks fans will now pay $62 before taxes for Rogers Arena's worst seats

KRISTEN THOMPSON
@METRONEWS.CA

Vancouver Canucks fans will have to shell out more for cheap seats this season than fans in any other NHL city.

Canucks tickets went on sale to the general public over the weekend and thanks to a four per cent increase and the HST, nosebleed seats will cost $62 before tax and service charges. That's $12 more than the next priciest nosebleeds in Edmonton for $51. Ottawa Senators fans — at the other end of the spectrum — can go to a game for less than the price of a pitcher of beer.

To go to premium home games at the Rogers Arena — like when the Canucks play the Toronto Maple Leafs in December — prices go up to nearly $85 for cheap seats.

Fans wanting to watch the game without the assistance of binoculars are paying upwards of $300 after tax for that luxury.

Despite the hefty prices, available single-game tickets for the upcoming season have already sold out.

Twitter reaction

[@gabriellle] It limits fanship. shouldn't have 2 pay a fortune 2 be a fan.

[@JordanOrtillan] When demand exceeds supply the #Canucks can continue to sell seats at absurd prices. More @WHLGiants games for me this year.

[@CoW_mAn] Great that our strong support of hockey can support the cost but horrible that kids can't afford to go.

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Hunter who shot husband to face judge today

- Father-in-law says 'negligent' act should be punished
- RCMP spent two years securing accused's extradition

MARK MORAN/THE CANADIAN PRESS

▶ Mary Beth Harshbarger

A Pennsylvania woman who says she fatally shot her husband on a hunting trip after mistaking him for a bear goes on trial today in central Newfoundland.

Mary Beth Harshbarger, 45, faces one count of criminal negligence causing death for killing her husband Mark four years ago as the couple hunted for black bear near Buchans Junction.

She has pleaded not guilty. Her judge-alone trial will be held before Justice Richard LeBlanc in provincial Supreme Court in Grand Falls-Windsor.

"In my mind, I would say definitely it was an accident," Mark's brother, Barry, who was hunting with the couple on the same ill-fated trip, said from a hunting lodge in Newfoundland as he prepared to head to Grand Falls-Windsor.

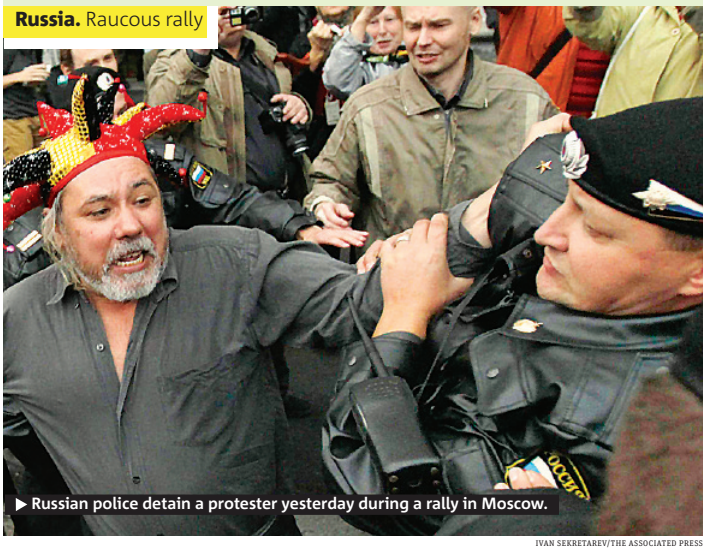
Barry Harshbarger declined to discuss whether he and Mary Beth Harshbarger became a couple soon after his brother's death, as other family members allege. He said he moved into her home in rural Meshoppen, Pa., in May to look after his niece and nephew, aged eight and four, when their mother was extradited to Canada to stand trial.

His niece and nephew are being cared for back home, he said.

His father, Leonard (Lee) Harshbarger, says he has been estranged from his daughter-in-law and son Barry since Mark was killed.

THE CANADIAN PRESS

Russia. Raucous rally



▶ Russian police detain a protester yesterday during a rally in Moscow.

IVAN SEKRETAREV/THE ASSOCIATED PRESS

Angry Muscovites take to streets

Russian police broke up an unauthorized protest against Moscow Mayor Yuri Luzhkov and his policies. Officers detained several demonstrators.

688 The main shaft at the San Jose mine in Chile collapsed Aug. 5, trapping the miners at more than 688 metres.

Mine rescue stalled

Chile's mining minister acknowledged that a problem has stalled one of three tunnels being drilled to 33 miners trapped underground.

THE ASSOCIATED PRESS

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Man snaps over eggs

Gunman's landlord describes his tenant as 'unpredictable' One victim shot in front of her daughter

ED REINKE/THE ASSOCIATED PRESS

▶ Friends and neighbours gather with J.D. Kilborn, right, outside the trailer where Stanley Neace killed Kilborn's wife, Tammy, in Jackson, Ky., on Saturday. Neace killed five people before killing himself.

For months, Stanley Neace had shown increasing hostility to his neighbours in rural eastern Kentucky, to the point his landlord started eviction proceedings. Then he snapped over how his wife cooked his eggs, and killed her and four others with a shotgun before shooting himself.

Neighbours in the mobile-home park said Neace stormed across several lawns in his pyjamas on Saturday and fired dozens of shots from a 12-gauge shotgun. When the rampage ended, Neace and his wife lay dead, along with the gunman's stepdaughter and three neighbours.

Trooper Jody Sims of the Kentucky State Police said Neace, 47, killed the five people in two mobile homes, then went to his home and turned the gun on himself. Investigators were still working yesterday to piece together exactly what happened during the rampage, Breathitt County Sheriff Ray Clemons said.

Neighbour Steve Smith saw the shootings from the window of his mobile home. When he walked outside, Smith said Neace took a shot at him but missed.

"He chased his wife around that Jeep shooting at her," Smith said, pointing to a sport utility vehicle parked outside his mobile home. "I heard her screaming and running."

Sims said that when state police arrived about an hour after the gunfire began, they heard a single gunshot and found Neace's body on the porch in the unincorporated community of Mount Carmel in Breathitt County, which is home to about 16,000 people.

The victims were identified as the gunman's wife, Sandra Neace, 54; her daughter Sandra R. Strong, 28; and neighbours Dennis Turner, 31; Teresa Fugate, 30; and Tammy Kilborn, 40. THE ASSOCIATED PRESS

Violent history?

▶ Sherri Anne Robinson said Neace had never appeared threatening to her, but that he was known to have a violent history. Trooper Jody Sims could not confirm that Neace had a criminal record.

A 'crazy' reason

Sherri Anne Robinson, a relative of two of the victims, said witnesses to the shootings told her that Neace became enraged when his wife did not cook his breakfast to his liking.

"She tried to run to tell my family, and he shot them, too, because they found out about it," she said.

"Over eggs?" Robinson said. "I thought that was crazy. Really. I mean just because his eggs weren't hot?"

THE ASSOCIATED PRESS

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Visit Elections Canada's Web site at www.elections.ca. Click on "Returning Officer" to download the application form, the job description and other relevant documents. For more information or for a copy of these documents, you may also call 1-800-463-6868.

Applications must be received by midnight on Tuesday, September 21, 2010.

Cette offre d'emploi est également disponible en français à www.elections.ca.

Elections Canada is an independent body set up by Parliament to conduct federal elections, by-elections and referendums.

Elections Canada

Prince. Snacking

▶ Britain's Prince Harry, centre, attends the Help For Heroes concert yesterday at Twickenham Stadium in London.

YUI MOK/THE ASSOCIATED PRESS

Take That alums reunite for troops

Some 60,000 attendees took in the concert in aid of the Help For Heroes charity, which supports members of Britain's armed forces. Robbie Williams and Gary Barlow, both formerly of Take That, reunited for the first time in 15 years to perform their new single, Shame.

Woman's fatal fall in Mexico deemed suicide

Victim's boyfriend ruled out as suspect but asked to stay until investigation's end Family pleads for privacy

A 19-year-old Ontario woman died on Friday after falling off a balcony at a hotel in Cancun.

Giannina Di Roberto fell from the seventh floor of the Riu Caribe hotel.

She was vacationing at the resort with her boyfriend, also from Canada.

Gaspar Buenfil Caballero, director of the government department that investigates homicides, said yesterday that there is an ongoing investigation into the death but the indication at this point is that it was a suicide.

▶ Giannina Di Roberto

"The boyfriend was detained for 48 hours but after all the investigations ... we found that he wasn't responsible for any crime," Buenfil Caballero said in a phone interview from Cancun.

"It was an self-inflicted accident ... For the moment, we think it's a suicide."

This is not the first time a Canadian has died after falling off a hotel balcony in Mexico.

Josh Iwasiuk died in January 2008 after Mexican police said he fell from a balcony 10 storeys high. The family however, questioned the autopsy results at the time.

THE CANADIAN PRESS

INTERNATIONAL AID

Tories not done with matching

The federal government will continue matching private donations of flood relief assistance to Pakistan.

Conservative House Leader John Baird made the announcement yesterday at the offices CARE Canada, where he said the program to match charitable donations is being extended by three weeks.

"We can and call upon Canadians' legendary, legendary generosity to ensure help reaches those who are most truly in need," said Baird.

The program sparked an increase in charitable giving to a Canadian relief effort that until that point had largely failed to generate much public interest. Kevin McCort, president of CARE, said donations jumped two- and three-fold after the government announced it would match funds.

THE CANADIAN PRESS

New green school has toxic roots

Students at a new school named for noted conservationists Rachel Carson and Al Gore don't have to go far for their first lesson: Their $75-million campus was laden with toxic soil.

Los Angeles Unified district officials have spent $4 million to clean up the site of the new Carson-Gore Academy of Environmental Studies, which is to open today. THE ASSOCIATED PRESS

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HOLLAND

Student finds historic share

A Dutch history student has stumbled upon what appears to be the world's oldest share. He has found a receipt for a founder share in the Dutch East India Company, dated Sept. 9, 1606. Auctioneers say the share, the fourth of its kind to emerge, may be worth as much as 600,000 euros ($764,000 U.S.). The student's discovery is almost three weeks older than a similar security owned by a group of private German investors. Issued by the Amsterdam chamber of the East India Company on Sept. 27, 1606, it once belonged to the regional archives of the Dutch capital. METRO

Hotel employees walk out

Dozens of hotel workers have staged another one-day walkout outside a downtown hotel at the hub of the Toronto International Film Festival.

Ontario Federation of Labour president Sid Ryan who walked on an "alternative red carpet" outside the Hyatt Regency says the employer is trying to lock in recession level wages.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar
12,097.09 (Friday)	96.61¢ US (Friday)
Oil	**Natural gas**
$76.45 US (Friday)	1,000 cu ft $3.883 (Friday)
	Gold contracts $1,244.50 (Friday)

Lululemon stock boasts big-time rise

HANDOUT

▶ Pictured is a Lululemon shop on Robson Street in Vancouver. The yoga wear maker has more than 40 stores across Canada.

Shares in yoga wear maker soared after reporting Q2 profits

Vancouver-based yoga wear maker Lululemon, which in a decade has turned into a marketing phenomenon, cemented its position on Friday when it posted second quarter profits more than double the same period last year.

The company opened its first store in Vancouver in 1998, and has expanded to over 100 stores in three continents in just over a decade.

Shares in the chain shot up 11 per cent, or $4.20 to $41.26 in midday trading Friday on the Toronto Stock Exchange.

Zoe Tan, an analyst at Morningstar research, said the company's sales improvement was driven by both increased traffic and higher prices, "an admirable feat" as most retailers struggle to maintain prices in the shaky consumer environment.

However, she added the pace of growth will moderate in the third quarter as the chain starts to lap tough year-over-year comparisons.

TORSTAR NEWS SERVICE

"We are just scratching the surface in e-commerce and we'll continue to add resources in order to push this channel."
CHRISTINE DAY, CEO

Online TV key to deal

Bell Canada buying CTV taps into trend of Canadians watching TV on laptops and smartphones

Canadians are turning away from their television sets, but are relying on new ways to gain access to their favourite shows.

George Cope, BCE Inc.'s chief executive, said the driver behind his company's deal to purchase all of the CTV television network was its desire to seize hold of the trend among consumers to seek alternate ways to enjoy broadcast content.

In July, the Canadian Radio-television and Telecommunications Commission (CRTC) reported that one out of four Canadians watched television programs online in 2009.

To meet that growing demand companies are finding new ways to intertwine broadcast offerings, computers and wireless devices.

TORSTAR NEWS SERVICE

Connected

Apple TV allows Canadians to connect their computers to their television sets. During the World Cup, Rogers subscribers could watch games live on their iPads and Telus offers real-time television on cellphones.

- **Sports broadcasts** On Wednesday, Bell and the National Football League announced an exclusive deal to broadcast NFL games live on Bell mobile phones, including the Super Bowl, NFL Network and RedZone.

2011 The transaction is subject to regulatory approval, with the final details to be worked out in 2011.

THE CANADIAN PRESS/NATHAN DENETTE

▶ President and CEO of Bell Canada Enterprises (BCE) George Cope says the driver behind his firm's deal to purchase all of the CTV network was its desire to capitalize on the consumer trend for alternate ways to enjoy broadcast content.

Greece reining in belt-tightening, PM says

The Greek government is planning no new austerity measures as part of efforts to pull the country out of debt and might even exit international supervision earlier than expected, the prime minister said yesterday. George Papandreou said Greece was on track to meet targets for reducing its deficit by nearly 40 per cent this year.

In exchange for €110 billion ($145 billion) in rescue loans over three years from the International Monetary Fund and some EU countries, Greece has implemented strict fiscal control.

The tough austerity measures, which included salary cuts and tax hikes, angered labour unions which have staged six general strikes this year and organized protests in Thessaloniki on Saturday, while a new round of confrontation starts this week.

An open-ended truckers' strike today is set to stifle deliveries of fuel and goods. Haulers oppose plans to open their profession — together with notaries, taxi drivers, architects and chemists — to non-union members.

Railway unions also called a 24-hour strike for tomorrow to protest planned salary and personnel cuts. THE ASSOCIATED PRESS

NIKOLAS GIAKOUMIDIS/THE ASSOCIATED PRESS

▶ Demonstrators protest outside the building where Greek Prime Minister George Papandreou was giving a speech on the economy in Thessaloniki, Greece, on Saturday.

More loans

- IMF and EU inspectors are due in Athens to review Greece's progress in overhauling its economy (the country is due to receive a second instalment of loans worth €9 billion).
- Greece is relying on the loans to refinance its debt (interest rates on the international market are forbiddingly high)

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THE THRILL OF THE HILLS AND MUCH MORE

Urban Compass

PAUL SULLIVAN

Vancouver's first GranFondo is finished.

And Metro's cycling MAMIL (middle-aged man in Lycra) is pretty much done, too. Can't sit down because of these saddle sores I got from spending six hours humping the 10,000 hills along the Sea to Sky Highway.

Can't stand up because my back hurts from bending over a hot bicycle on the longest ride of my life, 120 kilometres from Burrard and Georgia to Blackcomb Way in beautiful downtown Whistler (?!).

So why am I feeling so smug?

Maybe it's because Saturday's inaugural RBC GranFondo-Whistler bike ride was the greatest thing since grilled panini. It was a chance for ordinary people to make like Lance Armstrong and experience the thrills associated with legendary cycle races like the Tour de France or The Giro d'Italia.

And there were plenty of thrills:

Riding across the Lion's Gate Bridge in the morning sunlight with 4,000 cyclists and no cars.

Conquering Taylor Way — the earliest and probably steepest hill on the course — with ease thanks to an assist from our friend adrenalin.

Experiencing the knockout scenery of the Sea to Sky Highway as it's meant to be experienced. With the wind in your face.

"Saturday's inaugural RBC GranFondo-Whistler bike ride was the greatest thing since grilled panini."

Staring up long hill climbs with grim determination, knowing that what goes up must come down, and racing down long slopes at 60 km/h, MAMIL heart beating a mad tattoo.

Sharing all of this with my fellow ordinary people, bankers and bus drivers, physiotherapists and postal workers. The actual race, the Giro, may have been fierce and competitive, but two hours further back, everyone was cheerful, polite and encouraging.

Not your usual ride to Whistler.

Organizers added some nice Italian-inspired touches, such as wine, pizza bread and pasta at the Bearfoot Bistro lunch stop in Squamish or the café stop in Britannia Beach, where you could order an espresso. My kind of race.

And along the route, all the flag persons were friendly and encouraging. That wasn't just a thrill, it was a miracle!

But the greatest thrill — hands down — was the final ride down Blackcomb Way and over the finish line. Andrew Pinfold, who won the race in a ridiculously fast three hours 14 minutes and change, couldn't have been happier.

Premier Gordon Campbell spent $600 million on the Sea to Sky Highway. He probably didn't think about it at the time, but it's the best bike track money can buy. Thanks, Gordon. I'll get up and applaud.

When I can stand.

Cartoon

MICHAEL DE ADDER

Fun and fitness at work

Letters & Tweets

We asked: What's the best job you ever had?

TORONTO. The best job I had was as an employee of a fitness club because I could communicate with a wide range of customers from all generations. Even though I was a receptionist, I could train customers and I could also use the machines to exercise.

KEI AOSAKA

TORONTO. The best job I ever had was as a clerk at a luxury brand store in Tokyo.

Observation of the products and the customers was really fascinating.

I could also see new products earlier than customers.

KOTO TSUCHIYA

TORONTO. I was a university student who studied Turkish in Japan. The best job I've ever had was as a presenter at university. This job was needed to introduce the Turkish course, university life and what Turkey is like to high school students who wanted to enter. It was a temporary job and boring. But two years after this job, an unfamiliar student came to me and said thank you for your stories and advice. I was really surprised and pleased to hear that.

SHUNYA IKEDA

Shaping up

CONTRIBUTED

How do you reduce stress?

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Metro Minute with Rob Salerno

Fight the Monday blues with a comedic performance by Canadian journalist Rob Salerno.

During the 2008 federal election, Salerno ended up being arrested for sexually assaulting Stephen Harper.

Hear his side of the story tonight at F*#king Stephen Harper: How I Sexually Assaulted The 22nd Prime Minister Of Canada And Saved Democracy.

The hour-long performance and book signing starts at 6:45 tonight, and is recommended for audiences 14 years and older. It's on at Performance Works, 1218 Cartwright St., Granville Island. Tickets are $10. For more, visit vancouverfringe.com.

SARAH N. FITZGERALD

CONTRIBUTED

▶ Rob Salerno, once arrested for sexually assaulting the prime minister, is performing at the Fringe Festival tonight.

- Lady Gaga caps off record 13 VMA nominations by sweeping every category
- Taylor Swift forgives Kanye West for last year's award speech fiasco — in song
- Host Chelsea Handler, Jackass cast put rowdy spin on the proceedings

MATT SAYLES/THE ASSOCIATED PRESS

▶ Lady Gaga, centre, arrives in an Alexander McQueen gown at the MTV Video Music Awards in Los Angeles last night. The outrageous singer picked up the biggest prize of the night wearing another outfit sure to anger the PETA-crowd: a dress and chapeau that appeared to be made of cuts of meat.

Awards and antics mark VMA night in Los Angeles

Taylor Swift has absolved Kanye West of last year's onstage sin with one sombre song.

The 20-year-old delivered a poignant and powerful ode about West at last night's MTV Video Music Awards in Los Angeles that instead of criticizing him, sympathized with his difficult time in the spotlight and West's own admissions that his ego has often gotten in his own way.

"Thirty-two and still growing up now; who you are is not what you did," she sang softly, adding: "You're still an innocent."

Swift's dramatic performance delivered on the hype promised from a sequel to last year's incident when West marred Swift's acceptance speech for best female video by jumping onstage and insisting the award should have gone to Beyonce. In the aftermath, West endured intense backlash, despite an apology, as well as a serious dent in his career that has yet to be ironed out.

Last week on Twitter, West poured out his heart, again apologizing to Swift and saying how much he had suffered since the incident, and adding that he had grown.

The Swift-West pathos overshadowed the typical VMA antics.

The cast of Jackass got rowdy early on when one cast member stripped off his clothes onstage and revealed his underwear — made to look like a chicken, with one suggestive part.

Host Chelsea Handler also added to the bawdiness. A pre-taped portion of her opening featured the host getting spanked multiple times by show participants backstage before running into the recently freed Lindsay Lohan, who also gave her a swat.

MATT SAYLES/THE ASSOCIATED PRESS

▶ Taylor Swift performs at the VMAs.

Notable winners

- **Best Dance Music Video, Best Female Video, Video Of The Year** Lady Gaga — Bad Romance
- **Best Collaboration** Lady Gaga & Beyonce — Telephone
- **Best Male Video** Eminem — Not Afraid
- **Best New Artist** Justin Bieber

In between the zaniness and performances from the likes of Justin Bieber, who punctuated his set by getting behind the drums for a solo, some actual awards were given out.

Lady Gaga — who set a VMA record with her 13 nominations — was awarded best female video and best dance video for Bad Romance and best collaboration for her mini-epic Telephone, featuring Beyonce.

THE ASSOCIATED PRESS

2 scene

News in brief

The big-screen adaptation of Mordecai Richler's bestselling book, Barney's Version, has won a prize at the Venice Film Festival. The film nabbed the "Leoncino d'Oro" Award or "golden lion cub," which is a play on the name of the main Venice prize, the Golden Lion.

The prize is voted on by a group of local school children and in the past has been a harbinger of further acclaim. Six of the previous 18 Leoncino winners have gone on to win the Golden Lion.

Barney's Version debuted at the Venice Film Festival on Friday. The festival ends Saturday, with the awarding of the top Golden Lion and other prizes.

The film features an ensemble cast led by Paul Giamatti as the ornery Montreal TV producer Barney, Dustin Hoffman as Barney's foul-mouthed father Izzy, Rosamund Pike as Barney's true love, Miriam.

THE CANADIAN PRESS

Victoria Beckham augments her own wardrobe — and others — with new spring collection

Call me Canuck comedy

HBO betting big on Canadian comedy and Canadian stars with Call Me Fitz ◐ Premieres next Sunday night

IAN JOHNSTON
SCENE@METRONEWS.CA

Jason Priestley gives used car salesmen an even badder name in the new comedy series Call Me Fitz.

As the hard-drinking, embezzling, egomaniacal womanizer Richard Fitzpatrick, Priestley obliterates all lingering thoughts of him as likable teen Brandon Walsh on Beverly Hills 90201.

"Roles like Fitz just aren't written that often. So when you read one — you jump at it," Priestley enthused during a recent trip to Toronto. "Hell, I fought for the part. I went in and auditioned. And thankfully my ideas on the character jibed with (creator) Sheri Ellwood."

In the series opener — premiering Sunday, Sept. 19 on HBO Canada — Fitz' debauched life unravels when a test drive leaves a customer in a coma.

Returning to work, Fitz finds new competition in Larry (Ernie Grunwald), who claims to be his conscience.

Larry says it's his job to get Fitz' life back on track — if that's even possible with the morally-bankrupt salesman.

▶ Jason Priestley stars in Call Me Fitz.

"It's a real fine line with Fitz. The trick is that even though he's doing these questionable things you have to make the audience care," says Priestley.

"Even if you don't like him, you have to understand his motivations. That allows you to laugh."

Call Me Fitz is already a hit — of sorts. Filming of the second season has already begun in Nova Scotia.

"That's a pretty good trick, eh?" laughs Priestley.

"The first season turned out really well. But we still need people to watch it now."

Priestley, who also helmed two episodes of Call Me Fitz, has in recent years become a TV director-for-hire on shows like The Secret Life of The American Teenager and 7th Heaven.

"Being able to jump between acting and directing, I think makes me better on both sides of the camera," he says.

Priestley even directed an episode of the recently revamped 90210. He says the young cast didn't seem all that interested in his old 90210 war stories.

"Hey — it's been a lot of years. I think most of the actors are too young and never saw me in the original show."

Call Me Fitz airs Sunday night on HBO Canada.

Two new thumbs up

Ebert returns to TV in new role on At the Movies

Film critic Roger Ebert, who lost his ability to speak and eat after cancer surgeries, said Friday that he is returning to television on a movie review show that he is producing for public television.

And, Ebert says, the thumbs up and thumbs down reviews made famous with his late partner Gene Siskel will return.

"This is the rebirth of a dream," Ebert said in a statement.

The Pulitzer Prize-winning Chicago Sun-Times film critic is producing Roger Ebert Presents At the Movies with his wife, Chaz Ebert. The weekly, half-hour review program will debut in January and be syndicated nationally on public television stations.

"(Roger Ebert) felt that there's still a need for a straight forward movie review show to tell you whether or not a critic thinks the movies are worth seeing."
CHAZ EBERT

The show will feature co-host Christy Lemire of The Associated Press and contributing critic Elvis Mitchell of National Public Radio and former movie critic for The New York Times. Ebert will have his own segment on the show called Roger's Office, during which he will use his computer voice to review new movies or talk about the state of film.

"(Roger Ebert) felt that there's still a need for a straight forward movie review show to tell you whether or not a critic thinks the movies are worth seeing,'' Chaz Ebert said in an interview. "Christy and Elvis sat in for Roger at various times in his absence and we thought they were smart and vibrant and exciting critics."

Earlier this year, Disney-ABC cancelled Ebert's At The Movies.

THE ASSOCIATED PRESS

▶ Roger Ebert will return to television with a new movie review program.

TV watch list

Lies continue

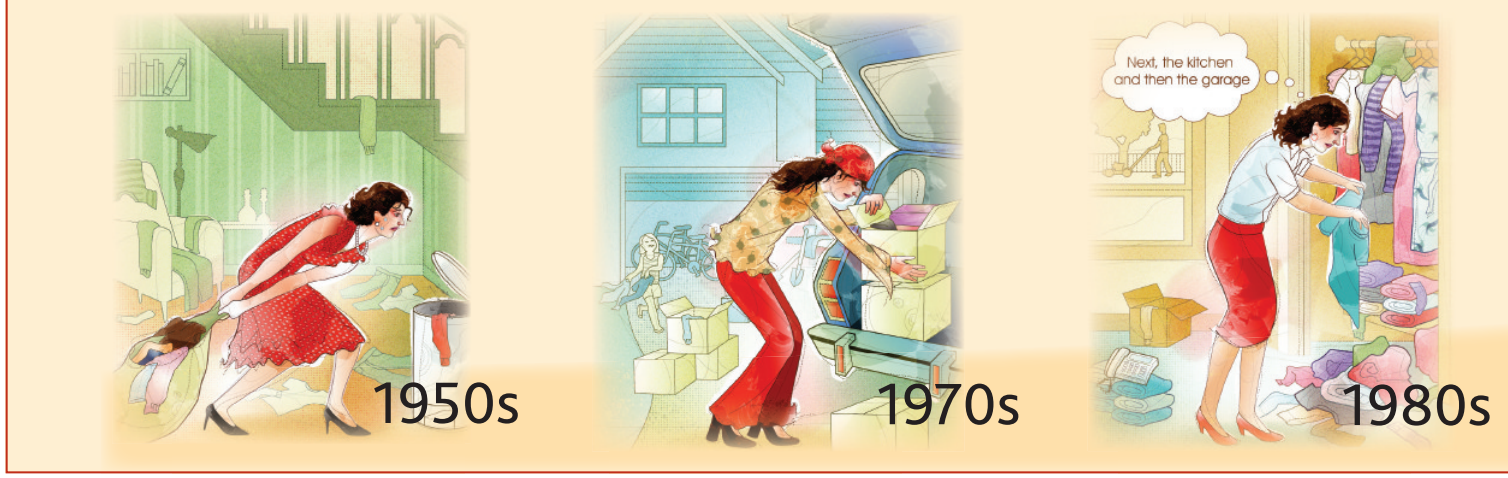
TELEVISION. Lightman's relationship with the FBI is tested as he investigates the murder of a journalist in the season finale of Lie to Me. Season 3 will begin in November.

▶ **Lie to Mie** (Global, Fox)

Down to the final 8

REALITY TV. The eight remaining couples square off during a performance episode of So You Think You Can Dance Canada

▶ **So You Think You Can Dance.** (CTV)



Standing up to cancer

Celebs help raise research money in Stand Up to Cancer telethon
2008 telethon raised $100M

CRAIG SJODIN/GETTY IMAGES

▶ Actors, musicians, athletes and journalists banded together for Stand Up To Cancer.

Actresses Sofia Vergara and Christina Applegate were among the numerous celebrity cancer survivors cramming the red carpet Friday leading into the second Stand Up To Cancer telethon.

Modern Family star Vergara, 38, talked about beating thyroid cancer, which was diagnosed about 10 years ago.

"Well, I think cancer for me was a very hard experience in my life, because I was young and I had my kid," said the Colombian actress. "But I think it was also very good, because I changed the way I live my life. I think now I don't sweat the small stuff anymore. It makes you realize, it makes you change your priorities in life. So, I was very lucky that I was able to beat it, and I've been in remission for a very long time now. And I learned from it. I learned to live a better way," she said.

The telethon

How much did it raise?

▶ **Donations** The first Stand Up To Cancer telethon took place in 2008 and raised some $100 million for cancer research. The tally for this year's will be available this week.

Virtually all of the others walking the press gauntlet also shared stories about how they or loved ones were affected by cancer. Among them: actresses Marcia Cross and Fran Drescher, sports figures Dorothy Hamill and Kareem Abdul-Jabbar, musicians Neil Diamond and Kelly Osbourne.

Osbourne, 25, said her presence was solely due to her mother Sharon's battle with colon cancer. "I know how hard it is to watch somebody you love so much be so sick, and not know how to help them," Osbourne noted. "But the one thing that I did learn from it is that just being there and just helping my mom out, and just trying to cheer her up was all I really needed to do, because that's all she wanted."

The Stand Up for Cancer telethon, which aired on virtually all major television networks in the United States and in many countries worldwide, included taped appearances by actor Michael Douglas, who is currently battling throat cancer, and actor George Clooney, whose legendary aunt, actress and singer Rosemary Clooney, died from lung cancer in 2002. Others appearing on the telethon included actor Will Smith, musician Stevie Wonder and U.S. president Barack Obama.

THE ASSOCIATED PRESS

Ferguson to OWN up to misdeeds

Disgraced British monarch to star in six-part series on the new Oprah Winfrey Network

FILE PHOTO/THE ASSOCIATED PRESS

▶ Sarah Ferguson

Duchess of York Sarah Ferguson is coming to the Oprah Winfrey Network (OWN) next year.

The network announced Friday that Ferguson will star in a six-part reality series called Finding Sarah.

On the series, Ferguson plans to open up about her lifelong battles with weight, relationships and finances as she shares with viewers her struggle to rebuild her life.

"I'm doing this because I need to heal my mind body and spirit."
DUCHESS OF YORK SARAH FERGUSON, SPEAKING ABOUT HER DECISION TO AIR A SHOW ON OWN

"I'm doing this because I need to heal my mind, body and spirit," Ferguson said in a press release.

Ferguson, 50, is the ex-wife of Britain's Prince Andrew, the second son of Queen Elizabeth II.

She was caught in an embarrassing British newspaper sting in May in which she was filmed appearing to ask for, and accept, $40,000 in cash in exchange for access to Prince Andrew, who is also a British trade envoy.

Ferguson swiftly apologized and appeared on The Oprah Winfrey Show in June, saying that her own self-hatred, mounting debts and "gross stupidity" had led her to fall for the sting.

The couple divorced amicably in 1996 after 10 years of marriage, and have two grown children.

Finding Sarah is scheduled to premiere in early 2011.

She joins Rosie O'Donnell, who will make her return to television hosting on the new network with a one-hour daily show based in New York.

Its full name is OWN: The Oprah Winfrey Network.

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Canadian Diabetes Association

Will Berry play Queen of Soul?

Halle Berry and Denzel Washington: Aretha Franklin wants you.

Franklin says she'd love to see the two Oscar winners in a filmed adaptation of her autobiography, Aretha: From These Roots.

THE ASSOCIATED PRESS

EVAN AGOSTINI, THE ASSOCIATED PRESS

▶ Respect for Halle Berry.

Biopic's wish list

The Queen of Soul this week revealed a wish list of actors she'd like to see sign up for a planned film about her life.

- **She wants Halle Berry** to take on the role of a younger version of herself.
- **Denzel Washington would** portray her father, while Terrence Howard would be Smokey Robinson.

Gaga's over her personal bad romance

Lawsuit dismissed by producer and old flame on The Fame album

GETTY IMAGES

▶ No hard feelings for ex-producer.

They may have had a bad romance, but now there's a cordial professional split between Lady Gaga and a music producer who said she ditched him as both a collaborator and a boyfriend after he helped launch her career.

Court papers filed this week show the Grammy Award-winning Bad Romance singer and songwriter-producer Rob Fusari agreed to dismiss the lawsuits each filed against the other in March in a Manhattan court.

He'd sought $30.5 million, but it's unclear whether they made any monetary deal.

"Lady Gaga and Rob Fusari have agreed to end their dispute amicably and wish each other well. There will be no further comment by either of them," the singer's camp said in a statement. A lawyer for Fusari didn't immediately respond to phone and email messages Friday.

Fusari had said the pop-meets-performance-art sensation shoehorned him out of her lucrative career after he co-wrote such Gaga hits as Paparazzi and Beautiful, Dirty, Rich, came up with her stage name and helped get her record deal.

"All business is personal," his lawsuit said. "When those personal relationships evolve into romantic entanglements, any corresponding business relationship usually follows the same trajectory so that when one crashes they all burn. That is what happened here."

Lady Gaga's lawyers had said Fusari was just an agent for her and got the then-inexperienced singer to sign an unfair agreement in 2006. Her lawsuit asked a court to void the "unlawful arrangement," or at least declare that Fusari wasn't owed what he claimed.

Lady Gaga won two Grammys in January: best dance recording, for Poker Face, and best electronic/dance album, for The Fame. She leads the field of nominees with 13 nods for this year's MTV Video Music Awards; the awards broadcast is set for Sunday.

Besides his work with Lady Gaga, Fusari has credits on such hits as Will Smith's Wild, Wild West and Destiny's Child's Bootylicious.

THE ASSOCIATED PRESS

Lovers' quarrel

Rob Fusari of Parsippany, N.J., met the singer two years before her 2008 debut album The Fame.

- **When they met, she was** known as Stefani Germanotta, court papers say.
- **He claims he was** shoehorned out of money from their contract, including a 20 per cent share of her song royalties.

Kevin Smith
Morgan Freeman
Lee Daniels
Jason Reitman
Molly Ringwald
Terry Gilliam
Harvey Fierstein
Xavier Dolan
Kris Kristofferson
Claire Danes
Jonathan Demme
Bruce Greenwood
Sidney Poitier
Pam Grier
Van Morrison
Tom Waits
Woody Allen
Chris Rock
Paul McCartney
Paul Shaffer
Dolly Parton
Michael Moore
David Foster
Diana Krall
Yoko Ono
Harry Belafonte
Kids in the Hall
k.d. lang
Robert Lepage
Bruce Cockburn
Barbara Walters
Steven Page
Buffy St. Marie
Brent Butt
Tony Bennett
M.Ward
Chick Corea
William H. Macy
Ornette Coleman
David Sedaris
Salman Rushdie
Gordon Lightfoot
Viggo Mortensen
Eric Idle
Isabella Rossellini
Shatner

Jian Ghomeshi:
You'd make a film here in Canada?

"Okay, but not TOO far north."

Q with Jian Ghomeshi

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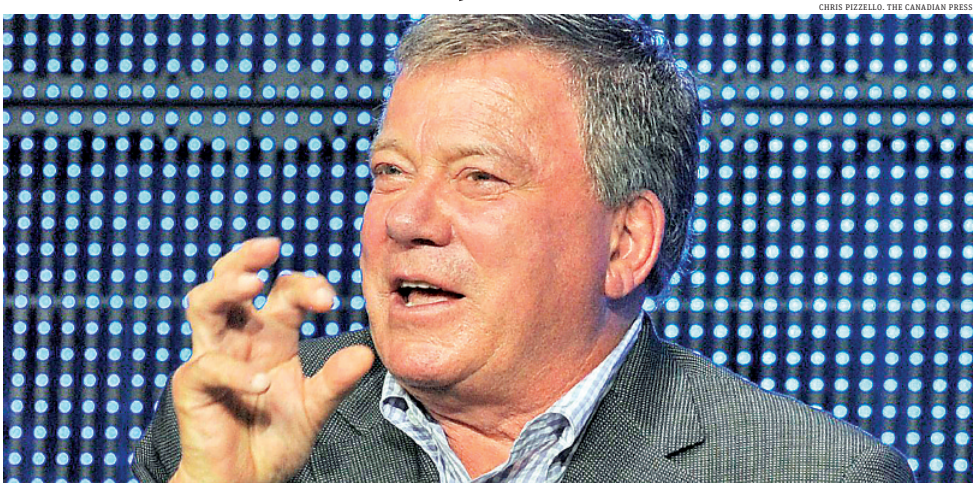
Shatner's steely nerve

Family inspires chat host's style
Candid sitdowns with likes of Kelsey Grammer and Tim Allen

CHRIS PIZZELLO, THE CANADIAN PRESS



William Shatner didn't have much formal experience as an interviewer prior to the launch of his chat show, so the 79-year-old prepared for William Shatner's Raw Nerve by calling upon his experience as a dad.

"It comes with having a family and getting people to talk about themselves at the family table," Shatner said during an interview.

"And we used to joke, my kids and I, about how if there wasn't somebody crying at the end of the meal — and not out of rage, but out of something meaningful — it wasn't a good meal."

It's with that spirit that Shatner approaches Raw Nerve, a chatfest in which he tries to steer his celebrity subjects away from the comfortable and into sensitive areas they'd probably rather not explore on TV.

The first season of the show debuted in Canada yesterday on the Biography Channel.

"My impulse was to find something about that celebrity that even they themselves hadn't thought about either ever or in a long while," the Montreal native said. "And that they would feel confident enough to reveal themselves a little bit more than they have in the past. And I felt that I could effect that because I was speaking to them on their own grounds.

"I had no agenda, I wished not to hurt them, I didn't want to do any tabloid stuff. I very specifically kept away from tabloid matters and talked about things of the heart."

Though each episode of the show is 22 minutes long, Shatner says the interviews all took at least an hour, and he eased his subjects into a comfort zone by focusing on banal topics that wouldn't necessarily make the final cut.

THE CANADIAN PRESS

Emotions run high

In one memorable Season Two interview (the show has already been airing in the U.S.), William Shatner reduces typically unflappable Kiss frontman Gene Simmons to tears by zeroing in on the 61-year-old rocker's relationship to his estranged dad, who abandoned Simmons and his family when he was a boy.

THE CANADIAN PRESS

79 Years Young

Nearly an octogenarian, Shatner is beginning work on a third season.

He is also headlining the $#*! My Dad Says sitcom, reality series William Shatner's Weird or What? and interview show Aftermath.

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Dorothy's ruby slippers for sale

AND MARILYN'S DRESS. The son of actress Debbie Reynolds says her big Hollywood memorabilia collection, including the red slippers from The Wizard of Oz, is set to be auctioned by June.

Todd Fisher, whose mother starred in Singin' in the Rain, told The Associated Press on Friday that Christie's in New York will manage the sale.

Reynolds, 78, amassed the estimated $50 million collection over decades. It also includes the fur coat worn by Orson Welles in Citizen Kane and Marilyn Monroe's subway dress from The Seven Year Itch.

THE ASSOCIATED PRESS

Resident Evil leads slow box office

On a weekend that Hollywood was largely content to cede to football and late-summer barbecues, Sony-Screen Gems' Resident Evil: Afterlife 3D led the box office.

According to studio estimates, the horror film earned $27.7 million over the weekend, a total that exceeded expectations. It's the fourth Resident Evil film, all of which have starred Milla Jovovich. This installment opened better than the previous movies.

Resident Evil was the only film in new release this weekend. Screen Gems' Takers, in its third week of release, came in second with $6.1 million.

THE ASSOCIATED PRESS

Bono does whatever a spider can: Look out!

Superhero-based musical in works for seven years U2's Broadway tracks draw from many genres

GETTY IMAGES

Spiderman's story: Bono weaves it in song.

Bono and the Edge wrote the music for the upcoming Broadway production SPIDER-MAN Turn Off the Dark, and a new song previewed from the production Friday sounds like it could be part of the U2 catalogue.

But the musical's director, Julie Taymor, says the pair create a sound that is more than a typical rock concert.

"They have gone way beyond what I thought any rock musicians would do because they're really serious storytellers and they get it, and they get the world of music that they can draw from. They're not frightened of it," Taymor said. "It's not like they have to put their U2 stamp on everything. There's real orchestral, ballads and ancient music and it's just drawn from many sources to support the story. It's amazing."

"I'm so honoured that Bono thought that I could sing songs that he wrote."
REEVE CARNEY, LEAD SINGER

Bono and the Edge previewed the song Boy Falls From the Sky from SPIDER-MAN on ABC's Good Morning America via satellite while on tour. The song was performed by the rock band Carney at the Hudson Theatre; its lead singer, Reeve Carney, stars in the musical as Spiderman and the rest of his band is part of the musical as well.

Taymor said the story of this Spiderman is different than what many grew up reading in comic books, including a love triangle involving Spiderman's alter-ego Peter Parker's girlfriend, Mary Jane. The musical is set to open on Broadway in late December.

THE ASSOCIATED PRESS

Survivor's enough for one coach to handle

Jimmy Johnson has become a Survivor celebrity, even though he has yet to appear on the show.

Johnson says he knew the CBS reality series was popular, but lately he's surprised to find himself talking more about his experience on Survivor: Nicaragua than about football.

67 That's the age of the former coach of the Dallas Cowboys, Miami Dolphins and Miami Hurricanes.

He spent over a month as one of 20 castaways. A longtime fan of the show, he loves the outdoors. But he said that while he's glad he had the experience, he wouldn't do it again.

THE ASSOCIATED PRESS

Leo's 'wife' ordered to stay away: L.A. court

SHIZUO KAMBAYASHI. THE ASSOCIATED PRESS FILE

He's still unmarried.

A judge has granted Leonardo DiCaprio a three-year restraining order from a woman who he said claims to be his wife and carrying his baby.

During a hearing Friday, a Los Angeles judge ordered that Livia Bistriceanu stay 100 yards away from the actor. Court filings state Bistriceanu acted aggressively at DiCaprio's home and business offices recently. Neither of them were in court.

THE ASSOCIATED PRESS

Tell us what you are recording @vancouvermetro

PVRTweets

What 'new' fall series are you most looking forward to PVRing?

@mikeatqazam The Defenders with Jerry O'Connell and Jim Belushi. Belushi's hysterical, and I've been an O'Connell fan since Sliders.

@shaneknysh The Walking Dead. in fact I am buying a PVR and getting the AMC channel specifically for the The Walking Dead series

@immobius Sons of Anarchy and Boardwalk Empire!

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Photo: Sonia Rodriguez, Principal Dancer, The National Ballet of Canada - Cylla van Tiedemann

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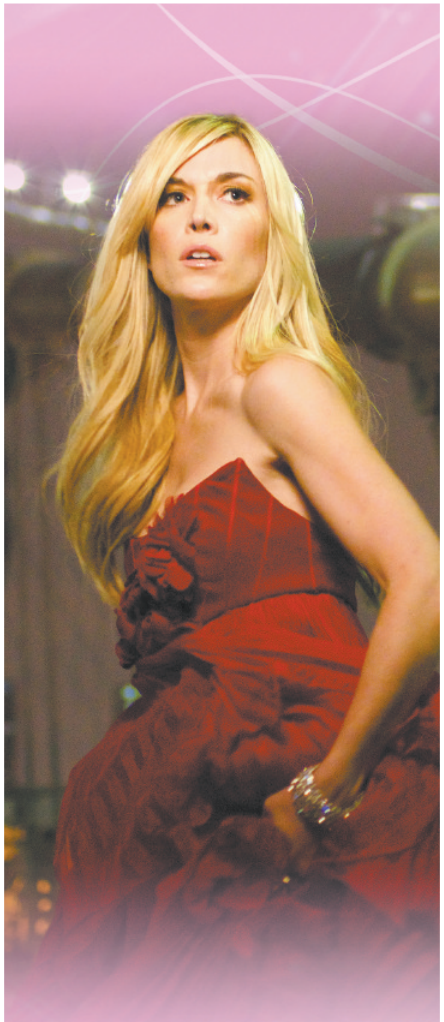

HIGH SOCIETY

Life according to 'Park Avenue Princess' Tinsley Mortimer includes real NYC gossip girls that money, beauty and scandal always seems to follow.

PREMIERES TONIGHT AT 10PM EST

GETTY IMAGES

▶ Lily Allen

Pregnancy worries plague Lily

Lily Allen is opening up about her trepidations over her pregnancy. While she's thrilled to become a mom with boyfriend Sam Cooper, the singer says her pregnancy has been "difficult" so far.

"I came off the pill and, weirdly, a week later it happened. But then it was really difficult, I had complications," she tells the Sunday Times.

"I had to have lots of scans. I've been living in fear for the past three months." METRO

Coming to her

Former bodyguard refuting claims of child abuse

While Britney Spears is dodging allegations of sexual harassment and child abuse from one former bodyguard, another is coming to her defence.

"In our time with Britney, we've never seen anything in a negative sense," former security guard Mark Chinapen tells E! News. Chinapen says he was present when the L.A. County Department of Children and Family Services investigated abuse claims at the singer's home, "but at the end of the day, there was no issue," he says.

"They came, were happy with the results, and walked away."

The former bodyguard, Fernando Flores, who is making the abuse claims has also filed a sexual harassment suit against Spears.

He claims that Spears repeatedly exposed herself to him and made unwanted advances.

The following statement was posted on Spears' website on Thursday: "This lawsuit is another unfortunate situation where someone is trying to take advantage of the Spears family and make a name for himself. METRO

▶ Britney Spears is facing claims from a former bodyguard that she abused her two children.

▶ Megan Fox and Brian Austin Green

Megan Fox enjoying married life to Green

Megan Fox is still thrilled with her choice to marry boyfriend Brian Austin Green.

"Getting married was the best thing I've ever done," she tells People magazine. "I married my best friend. I'm so lucky to get to be with him every day, and he's my protector. I feel so safe and happy and completed."

And she says helping raise Green's 8-year-old son, Kassius, has been amazing.

"I really enjoy it. It's a lot of work but I like it. It grounds me," she says. "I like being domestic." METRO

IF SUNDAY BRINGS EV
MONDAY'S TEARI

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Catch the red hot reality li

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Spears issues official statement

GETTY IMAGES

Aniston sees Mayer show

While in Atlanta filming her new movie, Jennifer Aniston reportedly took a night off to check out ex-boyfriend John Mayer's nearby concert, according to Radar Online.

"She looked gorgeous and seemed to be really enjoying herself," says a source of the actress, who reportedly snuck backstage with a baseball cap pulled low on her head.

▶ Jennifer Aniston

Afterward, Mayer, Aniston and several others retired to a private suite at her hotel for an impromptu party, the source says.

METRO

Talking points

Angelina getting lonely on latest trip to Pakistan

COMPLAINING ON A MISSION OF MERCY SEEMS COUNTER-INTUITIVE TO WHAT YOU'RE TRYING TO DO. Angelina Jolie admits that her second job as a United Nations goodwill ambassador can leave her feeling pretty lonely when traveling to places like Pakistan, where she's been meeting with flood victims.

So how does she cope?

"I'll talk to my family," Jolie tells CNN's Sanjay Gupta.

"I talk to Brad (Pitt). He wants to know as much as he can about these issues and every trip. He's been here as well; he came with me after the earthquake. But I don't know, I don't have a lot of friends I talk to. He is really the only person I talk to."

Jolie has donated $100,000 of her own money to assisting the relief in Pakistan.

She is visiting to highlight the plight of more than 20 million people affected by the country's worst ever floods.

The actress, a UNHCR goodwill ambassador, said the situation in Pakistan was "extraordinarily complex."

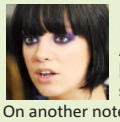
The area is temporary home to almost two million Afghan refugees, as well as millions of Pakistanis displaced by the floods.

METRO

After she finishes her visit of Pakistan she is headed to Italy to stay in her $40 million mansion.

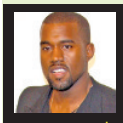
Celebrity tweets

Justin Bieber [@justinbieber] regardless of what happens im lucky to have the greatest fans ever. so thank you!!



Lily Allen [@lilyroseallen] On another note. Where is the best place to find great antiques in the Gloucestershire area ?

Kelly Osbourne [@MissKellyO] Mortified! I just ripped a huge hole in my pants bending down to pick up a bag- in front of the whole plane! Fun walk to baggage claim : (



Kanye West [@kanyewest] None of these tweets are alcohol influenced ... well maybe a little hahahahaaa

METRO

FLY GIRLS

Sexy, charismatic Virgin Atlantic flight attendants take off on a glamorous jet-set lifestyle and hit some major drama turbulence along the way.

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ISTOCK

▶ The majority of kids surveyed said they eat healthy, but that is a stark contrast to a 2004 StatsCan study that found preteens are lacking in fruits, vegetables and dairy products.

Pass the veggies, to your preteen

Recent survey shows majority of kids are concerned about nutrition and healthy eating 90 per cent said they look to their parents for guidance

Preteen children aren't as interested in consuming greasy fast food and sugary treats as previously thought, new research released Thursday indicates.

In fact, the majority of kids under age 13 are concerned about nutrition and healthy eating, according to a survey conducted earlier this year. And almost 90 per cent of kids surveyed say they actually care about what their parents do and say when it comes to healthy eating; they are still interested in guidance and support from their parents.

"This new research sends a powerful message and call to action from kids that the combined influence of parents, teachers and schools gives them the best chance to succeed in practising healthy eating," says Heidi Boyd, a registered dietitian with Dairy Farmers of Canada, the agency that sponsored the research. "The advice from kids is clear and now it's up to parents and teachers to respond."

"Parents need to model healthy eating and the teachers need to ensure they are not giving 'mixed messages' by teaching healthy eating and then modeling poor habits."
JUDY SHEESHKA, DIETITIAN

Dietitian Judy Sheeshka says that what she found most interesting about the results is the fact children place the most trust in their parents and teachers and really want their help with healthy eating.
THE CANADIAN PRESS

Survey says...

The research was conducted between April and May 2010 and involved 16 focus groups with a total of 78 children across Ontario, as well as an online survey of 500 children.

- **Three-quarters** of the children surveyed said that if their parents stock healthy food, they would eat it.
- **82 per cent** of those surveyed said they would like to learn to cook in school.

Travel

Live the magic

Disney Cruise Line is giving Canadians a 25 per cent discount per passenger on most of their seven night Caribbean cruises. The offer is valid on most cruises taking place Jan. 8 through Feb. 26. Visit disneycruise.com for details.
METRO

Advise students to bank their summer earnings

Do you remember how good it felt to reach the end of your first summer job with money in the bank?

While it's often tempting for young adults to spend money earned over the summer immediately, it's a good idea for parents to advise their kids on the importance of financial responsibility and setting aside some of those earnings for future use.

The BMO Retirement Institute offers the following points for parents to share with their kids:

Encourage your kids to put away small amounts at a time. Before they know it, their savings will bloom and they'll have established a good investment base with which to grow.

It's never too early for young adults, both to learn about Registered Retirement Savings Plans (RRSPs) and Tax Free Savings Accounts (TFSAs) and to begin making regular contributions to them.

Save or splurge?

Almost 90 per cent of Canadians believe that retirement planning should begin before the age of 35.

- It's much easier to establish a healthy savings discipline when you're young and have disposable income, especially when there aren't as many competing priorities.

Teach your kids about setting up an automatic savings program. Behavioural studies have shown that people are more likely to meet their savings goals if they don't have cash readily available in their bank accounts.

Explain the magic of compound interest. Demonstrate how a small percentage of their summer earnings can, over time, grow into a substantial amount. For example, if you invest $1,000 a year for 25 years, your initial investment of $25,000 could grow to more than $65,000 during that time with compounding interest (assuming a seven per cent rate of return).

For more information, or to view the BMO Retirement Institute study, visit bmo.com/RetirementInstitute.
NEWS CANADA

SCANLIFE

Invest in Kids to shutter its doors at the end of Sept., cites economic downturn. Scan code for story.

Salad perfect for end of summer

Teriyaki salad packs a punch Simple, quick and so flavourful you can hold the dressing

The goal here is a flavour-jammed salad that is simple, speedy and so good you don't even need a dressing.

Start out by marinating thinly sliced beef in a power-packed marinade of teriyaki sauce, hoisin, cider vinegar, sugar and hot sauce.

Eye round roast is a good choice for the beef, but feel free to use any steak or other cut that will handle being thinly sliced and briefly grilled.

The beef can sit in the marinade for as little or as long as you like. Once you pull it out, it goes on and off the grill in about two minutes. Throw it over some chopped romaine and sprinkle with crumbled blue cheese and you pretty much need nothing else.

But if you want to add some crunch, some purchased croutons would be a nice addition.

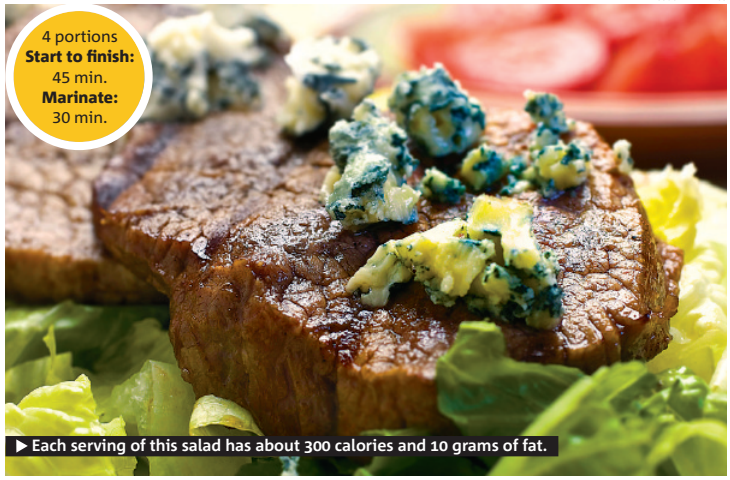
Ingredients:

- 125 ml (1/2 cup) prepared teriyaki sauce or marinade
- 125 ml (1/2 cup) hoisin sauce
- 30 ml (2 tbsp) cider vinegar
- 15 ml (1 tbsp) sugar
- 7 ml (1 1/2 tsp) hot sauce
- 750 g (1 1/2 lb) eye round roast, trimmed of fat and cut into 5-mm (1/4-inch) slices
- 2 large hearts of romaine, roughly chopped
- 125 ml (1/2 cup) crumbled blue cheese
- 250 ml (1 cup) halved cherry or grape tomatoes

Preparation:

1. In a medium bowl, whisk together teriyaki, hoisin, vinegar, sugar and hot sauce. Add steak, turning to coat well, then cover and refrigerate for 30 minutes.

THE ASSOCIATED PRESS



▶ Each serving of this salad has about 300 calories and 10 grams of fat.

2. Meanwhile, arrange lettuce on four serving plates.
3. Heat grill to high. Coat grates with cooking spray.
4. Use tongs to transfer steak, leaving as much of the marinade clinging to it as possible, to the grill. Cook for 1 to 2 minutes per side.
5. Divide steak among serving plates over lettuce. Sprinkle with blue cheese. Divide tomato halves among salads.

THE ASSOCIATED PRESS

Superfood: Persimmon

No, it's not a tomato, but a persimmon. This bright orange fruit has zero fat and is high in carbohydrates and natural sugars. It's high in fibre and Vitamin A and a recent Japanese study showed that persimmon peel contained the phytochemical, proanthocyanidin, thought to protect cells against oxidative damage associated to skin aging.

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Queen of Green

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THERE ARE BETTER OPTIONS THAN NON-STICK COOKWARE

QUESTION:
Is there such a thing as a safe non-stick pan?

Mary from Ottawa

There are safer alternatives to frying pans and cookware coated with perfluorooctanoic acid (PFOA) — a key chemical found in Teflon. Try cooking with stainless steel, glass, ceramic or cast iron instead. Dupont, one of the eight major manufacturers of PFOA, plans to phase out the chemical by 2015. The good news is that you can start now! And you should.

Aside from choosing safer cookware, you can reduce your exposure by avoiding consumer products coated with non-stick chemicals. These include some types of dental floss, microwave popcorn bags, windshield cleaning solution and even pizza boxes. Also, watch for products that maybe appear safe but have non-stick inserts, like rice cookers.

Most pans get too hot in our day-to-day cooking; releasing PFOA and other toxic substances. Then as they age and wear the coating can flake off into our food. PFOA is a suspected carcinogen and hormone disruptor that we know stays in the body and our environment forever. About 95 per cent of us have PFOA in our bloodstream, including newborn infants. It has also been detected in marine animals and our cherished polar bears.

"PFOA is a suspected carcinogen and hormone disruptor that we know stays in the body and our environment forever"

Before you ditch your scratched-up frying pan, check out your city's recycling guidelines or give its recycling hotline a call. Old non-stick pots and pans cannot be placed in your blue bin. Chances are you will need to drop them off at a depot that accepts scrap metal.

With safer alternatives out there, Teflon-coated cookware just isn't worth the risk. Switch to more eco-friendly options today.

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For us, the finish line is just the beginning.
See what happened on the tour @ CleanAcrossCanada.ca

It's been 28 days and over 7500 km since the Mitsubishi i-MiEV (Mitsubishi Innovative Electric Vehicle) left Cape Spear Lighthouse National Historic Site in St. John's, Newfoundland and Labrador, the most easterly point in Canada, and travelled clean across Canada on its way to the Electric Vehicle Conference in Vancouver, British Columbia. By reaching "mile 0" of the Trans-Canada Highway in Victoria, British Columbia, Mitsubishi has become the world's first automotive manufacturer of an electric car to travel across Canada.

An electric car was never meant to travel such great distances, but we made it by travelling up to 120 km at a time - using the i-MiEV's 16 kWh lithium-ion battery – and we arrived in style. In addition to meeting many great people along the way, we learned a lot as we spread the word about the viable, reliable and ecological future of zero emission driving that is now a reality and no longer just a possibility.

We would like to thank all of our sponsors and partners for their support throughout our tour.

If you missed seeing us on our travels, check out all the blog posts, pictures and videos from the tour at CleanAcrossCanada.ca

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Tech lends hand to biz travellers

Smartphones, mobile applications allow you to carry on business as usual when on the go Cut down roaming rates with special packages

Mobile technology is rapidly transforming business travel — for the better. Broadband networks, feature-rich smartphones and an explosion of mobile applications now deliver useful information and tools to your fingertips, making it easier for you to get from A to B and back.

"Business travellers want to make their time away from the office as worry-free as possible," said Gordon Stein, vice president, Rogers Business Segment.

"The right mobile technologies can offer convenience and productivity so that you can stay connected with colleagues, manage office responsibilities and address client needs while away."

Here are some smart travel tips to consider when your business takes you on the road:

▶ Embedded laptops, which have built-in connectivity, can free business travellers from the hassle of finding Wi-Fi spots.

- Eliminate the uncertainty of roaming fees — If you travel regularly, ask your service provider about plans like Rogers One Rate that allow you to pay for a single allotment of voice or data to use anywhere in Canada or the U.S and pool your data with co-workers travelling along with you.

  If you're an occasional traveler, a one-time purchase of a voice, text or data package will let you talk, text and surf in many worldwide destinations.

- Connect when and where you need it — Searching for Wi-Fi or Ethernet networks can be a hassle when travelling for business.

  Save time and stay connected wherever you are with a high-speed mobile internet solution like an embedded laptop from Rogers, which provides a mobile office with its built-in connectivity.

- Take your travel resources mobile — There are many mobile applications that can increase the convenience and reduce the uncertainty of business travel like the Cortado Print and Fax app that lets you to print, scan and fax documents from your smartphone, or the SalesNow CRM app that helps you manage contacts and deals, and view sales funnels and forecasts.

NEWS CANADA

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Books to win over kids' hearts, imaginations

Five titles up for TD Canadian Children's Literature Award From dragons to Victorian villians, books show range of literature for kids

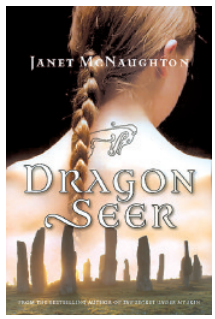
When it comes to stirring the imagination of children, there's nothing like a good book.

Earlier this year, The Canadian Children's Book Centre (CCBC) and TD Bank Financial Group announced the 2010 finalists for the TD Canadian Children's Literature Award.

This annual award recognizes excellence in Canadian children's literature and the author of the winning book will be awarded $25,000 for the most distinguished book of the year.

Not only do these books make an excellent reading list vetted by some of Canada's top children's literature professionals, this year's top five titles will captivate the hearts and imaginations of children

and adults everywhere, resulting in an enjoyable (and educational) read for everyone involved. These authors introduce readers to a variety of new adventures from dragons, magic and Victorian villains, to a heartwarming coming-of-age narrative.



According to Charlotte Teeple, the executive director of The Canadian Children's Book Centre, "The books chosen as finalists for the TD Canadian Children's Literature Awards exemplify some of the best work by Canadian children's authors and illustrators."

You can visit your local library or bookstore to pick up one of the English-language finalists for the 2010 TD Canadian Children's Literature Awards:

- Dragon Seer by Janet McNaughton , HarperCollins, ages 11 and up
- Home Free by Sharon Jennings, Second Story Press, ages 10 – 13
- The Hunchback Assignments by Arthur Slade, HarperCollins, ages 11 and up
- A Thousand Years of Pirates by William Gilkerson, Tundra Books, ages 10 – 14
- Watching Jimmy by Nancy Hartry, Tundra Books, ages 12 and up

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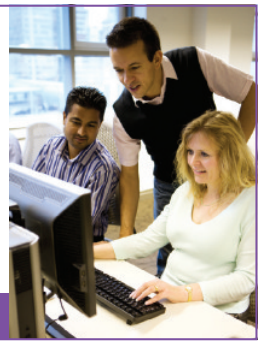
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Rent nightmares

University students raise concerns over leasing apartments Always check agreement and get to know your rights, experts advise

Something was very wrong with the house David Molenhuis had rented just months earlier with three university buddies in London, Ont.

"We came back and the landlord had built a house onto the back of it," recalls Molenhuis, 28, a part-time student now living in Ottawa and national chair of the Canadian Federation of Students.

Like a number of renters, Molenhuis has his share of rental nightmares, but it's his experience while attending the University of Western Ontario in 2003-04 that stands out for all the wrong reasons.

"Where the windows were, you opened them up and there was insulation in them," he says. "Pink insulation staring me in the face. (They) didn't take out the windows, just built a house right up against ours."

Years later and still dishing out rent, Molenhuis says he's become more vigilant before signing a lease and encourages young, inexperienced prospective tenants to do the same before getting the keys to their first place.

"We're a clear target for property management companies in university towns," he says.

While legislation governing tenants and landlords varies by province, industry experts say there are steps all renters can take to protect themselves from coast to coast.

"Get a copy of your lease, make sure you pay your rent on time," says Martha Lewis, a spokeswoman for the Tenant Resource and Advisory Centre in Vancouver.

"When you're looking for a place, if you have a bad feeling about it, then don't rent it. You're probably right to have that bad feeling."

Lewis says renters should communicate with their landlord clearly — and in writing — to avoid confusion when conflicts arise.

Molenhuis says he and his roommates fought their landlord at a housing tribunal and were awarded about $500 for the inconvenience of construction.

Of course, not all renters — regardless of age — are perfect tenants, either.

"There are bad apples in both barrels," says John Dickie, the president of the Canadian Federation of Apartment Associations and a longtime lawyer dealing in landlord and tenant law.

THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS

▶ Student David Molenhuishas had his share of renting woes.

The other side

Some advice from John Dickie, president of the Canadian Federation of Apartment Associations.

- Communication between the property manager and the tenant can save a lot of grief.
- Landlords should be clear with prospective tenants about the building's rules and expectations. Tenants should take care of the property and report the need for repairs.
- He says students tasting household freedom for the first time don't always know how to handle it. "The issue is knowing what one is supposed to do to fit in with the new environment," says Dickie.

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4 sports

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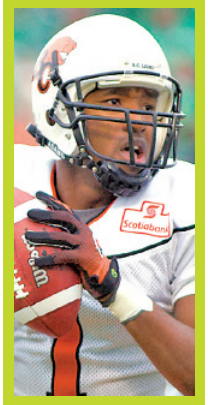

"We're starting to get our groove. We're starting to look pretty good on both sides of the ball. Earlier in the year I know everybody was kind of down on us, but our team is so talented. We have expectations of doing this kind of stuff every week."

LIONS QB CASEY PRINTERS AFTER SATURDAY'S 37-16 WIN OVER THE ARGOS

"It was a big statement game. The first half of the season we dug ourselves a hole."

DEFENSIVE END JONATHAN BROWN

Scan code for news

Rain pushes men's Open final to Monday

The U.S. Open men's final between Rafael Nadal and Novak Djokovic was postponed because of rain yesterday, marking the third consecutive year the season's last Grand Slam tournament won't finish on schedule.

Nadal and Djokovic were supposed to begin playing at 1:30 p.m. yesterday, but showers began more than 90 minutes earlier and hadn't stopped by 3:15 p.m., when tournament officials decided to call it a night.

They rescheduled the match to start no earlier than 1 p.m. today.

Djokovic probably didn't mind the wait until today. That's because he reached the final with a gruelling five-set victory over Roger Federer Saturday, while Nadal won his earlier semifinal in straight sets.

THE ASSOCIATED PRESS

MARK HUMPHREY/THE ASSOCIATED PRESS

▶ Fans wait during a rain delay yesterday.

RONALD MARTINEZ/GETTY IMAGES

▶ Arian Foster celebrates a touchdown yesterday against the Colts.

Texans run over Colts

Undrafted Texans running back Arian Foster explodes for 231 yards, three touchdowns ◗ Indianapolis has historically dominated Houston

It took a record day by an undrafted running back for the Houston Texans to end years of frustration against Peyton Manning and the Indianapolis Colts.

Arian Foster, who spent most of last season on the practice squad, ran for a team record 231 yards and scored three touchdowns to carry the Texans to a 34-24 victory over the defending AFC champion Colts yesterday.

"Coming into the league, you don't know what to expect, especially if you are not heralded and there's not a lot of publicity," Foster said. "You see guys like Andre Johnson and Matt Schaub and the way they carry themselves, and you try to mimic it and make your own personality. I feel privileged to be here."

TEXANS	COLTS
34	24

Foster had the NFL's second-best opening weekend rushing performance since 1933, topped only by Buffalo's O.J. Simpson's 250 in 1973 against New England.

The Texans (1-0) ran for a franchise record 257 yards and backed up their bold talk in the off-season that they were ready to challenge Indianapolis.

The Colts came into the game with 15 wins in 16 games in the series, including rallying from 17 points down in the previous two meetings in Houston.

THE ASSOCIATED PRESS

Running game

- The Texans ranked 30th in rushing last season, and building a ground attack was a focal point at training camp.
- Foster beat out Steve Slaton for the No. 1 running back spot, despite spending the first 10 games of last season on the practice squad.
- "We heard all off-season that our running game wasn't efficient," Foster said. "You can either let it get to you, or let it get in you, and I feel like we let it get in us, and we used it."

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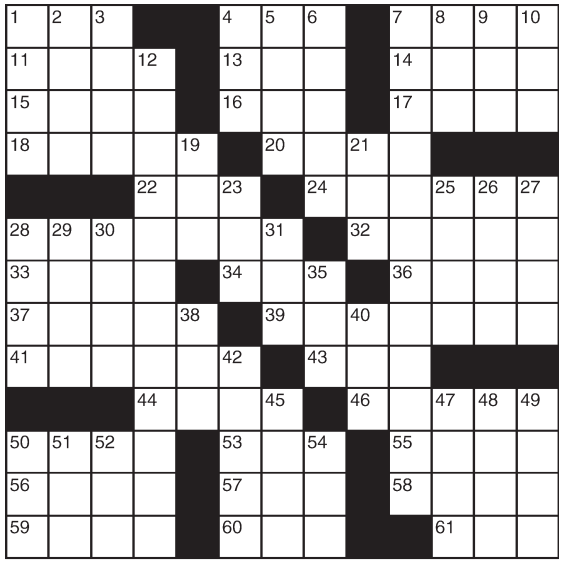
Crossword



Across

1 Lived
4 Sprite
7 Rum cake
11 Performances
13 Melody
14 PC symbol
15 Biblical pronoun
16 Earl Grey, e.g.
17 Peruse
18 Lukewarm
20 One
22 Clunky boat
24 Stick together
28 They usually end "amen"
32 Milk dispenser?
33 Timber wolf
34 Intention
36 Culture medium
37 Exhaust
39 Team members
41 Subordinate bureaucrat
43 Commuters' choice
44 Dazzle
46 Praise
50 Lotion additive
53 Yule fuel
55 Greek vowel
56 Satan's purchase
57 Witness
58 Ballerina's frill
59 Click through the channels
60 Shade source
61 D.C. figure, for short

Down

1 Power measure
2 Rue the run
3 Put an end to
4 Chow down
5 Stead
6 Swiss money
7 The altogether
8 Expert
9 Constrictor type
10 Moreover
12 "Go right ahead"
19 Payable
21 Debtor's letters
23 Lingerie item
25 Advantage
26 Caboose's position
27 Blunders
28 Addition sign
29 Parks of civil rights fame
30 Help in mischief
31 Taste the wine
35 World Series org.
38 Butter square
40 Diving bird
42 Beat
45 Christmas song
47 Decorate
48 Bart Simpson's school bus driver
49 Author Bellow
50 Donkey
51 "Skip to My —"
52 "— Town"
54 Jewel

▶ Yesterday's answer

B	O	O	T	H	■	A	R	F	■	S	A	M		
R	A	M	I	E	■	C	O	O	■	A	V	E		
A	R	E	N	A	■	C	A	R	A	M	E	L		
■	■	L	E	T	T	E	R	■	S	O	R	E		
A	L	E	■	H	O	D	■	P	H	A	S	E		
P	A	T	H	■	N	E	V	E	R	■	■	■		
R	O	S	A	R	Y	■	A	P	A	C	H	E		
■	■	■	N	A	S	A	L	■	M	A	I	N		
B	E	A	S	T	■	R	U	B	■	M	M	E		
E	R	G	O	■	P	I	E	R	C	E	■	■		
E	N	A	M	E	L	S	■	A	L	L	A	Y		
F	I	T	■	F	E	E	■	N	I	O	B	E		
S	E	E	■	T	A	N	■	D	O	T	E	S		

Sudoku

5		7				6		9
	6		5		2		8	
3								5
		8	9		7	1		
	4						3	
		5	4		1	9		
8								2
	1		3		6		9	
7		6				4		3

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

6	7	1	3	2	8	9	5	4
8	3	4	1	9	5	6	2	7
2	9	5	7	6	4	1	3	8
3	6	8	4	5	7	2	1	9
9	5	2	8	1	6	4	7	3
4	1	7	9	3	2	5	8	6
5	4	3	6	7	1	8	9	2
1	8	9	2	4	3	7	6	5
7	2	6	5	8	9	3	4	1

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To my boo, Our wedding is coming up in april, I can't believe we have been together for 5 years. You are so special to me and I love you more than words can explain. I am so glad you are always there for me. I will be yours forever, I promise. I love you! Muah! **DANI XOXO**

Vicky here's to the beginning of another school year together. You are my light, my strength, my angel. I love you. **OLEH**

Oh Dang! (Deanna!) Happy belated BDay!I was lost till I found u! But then u were taken by your lovely Paul!I'll always wait4 ur love Dang!Its our secret. **ANGELAS**

My sexiest Thomie, I missing you every minute of my life that we're apart! I can't wait till we together again, our special bond we have together is unique! Luv ya! **ANGELA 37**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Things will turn around for you and you could easily get carried away and believe that all your troubles are over. Maybe they are. More likely though they never existed in the first place.

♉ Taurus April 21-May 21 You will gain a lot more respect, from both your rivals and your friends, if you don't pussyfoot around today. Decide what your goal is going to be and go for the jugular.

♊ Gemini May 22-June 21 You may be tempted to choose the easy option and hope that you can get through the day without having to take tough decisions but it's unlikely to happen. And would you really be happy if it did? Challenge yourself.

♋ Cancer June 22-July 22 No doubt you are tempted to cut corners and take the easiest route to your goal, but it's better to go the long way round. You won't get there quicker but you will pick up some good experience along the way.

♌ Leo July 23-Aug.23 You are thinking too much. Leos are better when taking action, so let your instincts guide you and don't hesitate to follow them down whatever dark alleys they might lead you.

♍ Virgo Aug. 24- Sept. 22 Your thoughts seem to be rather intense at the moment and you need to find ways to calm your mind and become more accepting, both of yourself and of other people.

♎ Libra Sept. 23-Oct. 23 Avoid disputes in which you do not know all the facts. If you get involved and support one side or the other you could end up out on a limb with no way to get back if you find yourself on the wrong side.

♏ Scorpio Oct. 24-Nov. 22 Whatever you say today someone will make an issue of it, but no great harm will result so long as you don't take their pontificating too seriously.

♐ Sagittarius Nov. 23-Dec. 21 The planets urge you to aim high today, even though your resources may be a bit low. A little bit of effort will go a long way over the next 24 hours. It will go further still if it's got some thought behind it.

♑ Capricorn Dec. 22-Jan. 20 You may be envious of someone's luck and popularity but don't let it show. Just use them as a role model — an example of what you would like to be — and vow to be someone that others look up to in the future.

♒ Aquarius Jan. 21-Feb. 18 Keep your head today, especially if everyone else seems to be running around in a state of panic.

♓ Pisces Feb. 19-March 20 You seem to be under the impression that your options are limited, that there is only so much you can accomplish. That's nonsense. The only thing that is holding you back is your lack of self-belief.

SALLY BROMPTON

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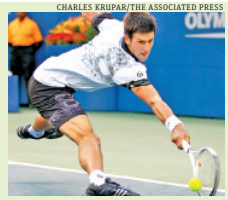

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